

Eckhart Tolle - From Feeling Upset to Being Peace

[Speaker 1] (0:03 - 3:06)

Now, I've quoted before a line in the Course in Miracles that says you are never upset for the reason you think, or you're supposed to say to yourself, I'm never upset for the reason I think. So when you're upset because you think you know why you're upset because of that, okay. The true reason, because there's no end to reasons why you could be upset in your life, in this world.

So those are not the true reasons, they're just the apparent reasons. I'm never upset for the reason I think, so what is the deeper reason why I'm upset? I've lost touch with who I am.

I've lost touch with the stillness, with the spacious awareness, with the space of no thought. I'm totally trapped in thought. I've lost touch with the space of no thought that is beneath or beyond or underneath, whatever you want to call it, the movement of thought.

There's that spaciousness, the stillness, whatever. In theistic language, you can say God is absent in your life. That's why you're upset.

Not God as a conceptual thing that you believe in, but God as the realization of that which is beyond form, the light of consciousness itself. So when you don't know God as yourself ultimately, the source of who you are, of course you get upset. The slightest thing will upset you.

When you don't know the source of your very being, you're out of touch with it, you don't know it. Just waiting for the next thing to upset me. I'm upset already basically, so I'm just looking for something to explain my upset to you.

So I look around, oh, there it is. Oh, and another one. Oh, what else can I be upset about?

[Speaker 2] (3:08 - 3:18)

Mosquito, the stock market, Goldman Sachs.

[Speaker 1] (3:33 - 12:03)

For those who don't read the papers, Goldman Sachs is a bank on Wall Street. And, of course, not only upset, but also part of that upset is to become reactive to things, because everything is a kind of threat. Why?

You lost God. You lost yourself. And, of course, we all remember the famous phrase from Shakespeare, there's nothing either good or bad, but thinking makes it so, which just

means everything is as it is right now.

You can change it, you can take action, but it is as it is, and it's inevitable, otherwise it wouldn't be now. And so the world or other people or situations lose the power to upset you. Not because you've cut yourself off, or because you control yourself, no.

Because you're connected to something deeper than the surface reality. And then you walk around this world in a more benevolent state, as a peaceful energy field. And that changes the world.

The more peaceful energy fields walk around this world, the more quickly the world changes. The world reflects your state of consciousness. And the world out there, the collective, the political, the financial, the social, reflects the collective consciousness.

What the world needs is peaceful human beings. No, not peaceful in the sense of they're half asleep, not that kind of peace. They're alert, present, peaceful, risen above thinking, can still think, they've transcended thinking, which means you can still think better than before, when you have to, but you've transcended thinking.

You don't look at things and people and the world through thinking. And that is a truly peaceful human being. And then you go into situations where there's conflict, and you bring your peace, which is your state of consciousness.

And healing happens whenever possible. If not, you will be removed from there. So that's your priority in life, is that, that you want peace.

Not by going asleep, not the peace of unconsciousness, not the peace of a peaceful cow grazing on the meadow. That's fine for the cow, but not for you. The cow is beautiful, but that is not where you are going.

A conscious, alive, intelligent peace. So that's what the world needs, to be saved. But don't say, OK, I need to save the world.

No. Peace is your priority, not saving the world. That comes, that follows from that.

And that's what you could call the peace of God, because it's nothing to do with what's happening or not happening outside of you. I'm peaceful because all is going so well in my life. OK, it won't be going well for long, that's not how the world is.

It continuously challenges you. It's the peace of God, the transcendent peace. So that must be your priority, not achieving this or that.

Many achievements come out of that state of deep interconnectedness, but you can't make any external achievement into your main priority. The main thing in your life is that I want the peace of God, as the Course in Miracles puts it. And it says, I want the peace of God.

To say these words is nothing, but to mean these words is everything. Nobody can mean these words and not be healed. www.mooji.org